

explicit MAGAZINE

MTU Cork
Students' Union



MTU

Ollscoil Teicneolaíochta na Mumhan
Munster Technological University



IN THIS ISSUE:

- **Student Accommodation Crisis in Cork**
 - **Your Students' Union is proud to present:
Welcome Week, 27th Sept - 1st Oct**
 - **Enter our Competitions to WIN One-4-All Vouchers!**
- AND LOTS MORE!**

MTU Cork Students' Union Magazine, Volume Twenty Three, Issue 1



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SuperValu
Insurance



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COVID 19 POP-UP HSE VACCINATION CLINICS



**AVAILABLE TO ALL STUDENTS, ALL STAFF
AND PEOPLE IN THE LOCAL COMMUNITY
NO APPOINTMENT NECESSARY!**

Where:

Common Room,
1st Floor, The Student Centre,
Bishopstown Campus

When:

Tues 28th , Wed 29th & Thurs 30th Sept

Time:

10am to 4pm

**Bring photographic ID
(student cards accepted)
and your PPSN number
if you have one**



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Munster Technological University

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Your Union Your Voice

MTU Cork Students' Union, 1st Floor Student Centre, Bishopstown, Cork. Tel: 021 433 5274

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Instagram:  @MTUCorkSU  www.MTUCorkSU.ie

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STUDENT ACCOMMODATION CRISIS IN CORK

Aisling, Our SU President slept in a tent outside the Dail on Thursday 23rd September to show solidarity to the families and students again who have been let down by the government turning a blind eye to this crisis.



Private accommodation providers in Cork have increased rent rates year on year. When they can't increase the rent any higher, they add extra costs to your bill such as 'cleaning fees' '€400 parking fees' and huge 'maintenance fees'

The government to provide much needed publicly funded accommodation, where rent rates can be controlled and student tenants have more rights. We will not sit back to be used as cash cows any longer. Generations of students and hardworking parents across Ireland are financially sucked dry, to fill the pockets of landlords providing sub-standard accommodation at exorbitant rates. During the pandemic, there was little or no compassion shown to student tenants and no law or policy in place to prevent this robbery either.

- 5 years ago, there were over 150 houses in the Bish-
opstown area that rented to our students. The list of
houses has now decreased to less than 15. That's
approximately a decrease from 900 to 90 beds avail-
able to students in the last 5 years. These houses
are currently being occupied with young families or
working professionals. So tell me, where do we put
the excess of 810 students?
- Private accommodation complexes have seen this
as a opportunity to extort the student population.
Many new student accommodation complexes have
popped up around MTU in the past year charging
a staggering €9,000 per annum. Students have no
choice but to avail of luxury, unreasonable accom-
modation as there is no where else for them to turn.

- DIGS have decreased in the last number of years
and are not sustainable in the long run for student
accommodation.
- The recently passed Bill to allow students to pay
monthly is greatly welcomed however these private
accommodation providers are now making it more
expensive for students to avail of this system by in-
creasing a monthly rate versus paying the whole lot
up front! There needs to be more restrictions put on
what powers these private providers have.
- Approximately 60% of 12,000 MTU Cork students
avail of accommodation every year.

In the last year, the Government have given the im-
pression to our student population that there will be
a full return to campus this September. What we are
now looking at is many students who spent thou-
sands on accommodation under this impression, now
only physically on campus 2 hours a week. Again, the
students and their families are paying as a result of
sweeping statements being circulated from the Dail.

While we welcome the Governments agenda to en-
courage more young people to take up an apprentice-
ship programs, our infrastructure is already bursting
at the seams. Our buildings need further investment
to accommodate the increase in university numbers
year on year. Apprentices are due back on campus
next week with no reasonably priced accommodation
to accommodate them.

- This is a crisis that is going to worsen every single
year and it's negatively affecting the young people
and the parents of Ireland today. Education is a right
and not a privilege, so make it affordable!

Students' Unions across Ireland alongside the USI are demanding immediate, long-term, effective and sustainable action from Government and want to see:

- Financial provision in Budget 2022 to allow for the building of affordable purpose-built student accommodation
- Regulation of current Publicly Built Student Accommodation (PBSA) spaces to ensure that they remain student spaces
- Regulation of the high cost of rent
- Ensure that any increase in higher education course places is accompanied by an increase in student beds

“ No new course places, without living spaces! MTU Cork Students are represented outside the Dail today to lobby the Government to solve this rent crisis! Our students are treated like second class citizens when it comes to renting. Enough is enough. ”



The SU in collaboration with MTU Cork Accommodation Office have collated a short term accommodation options list which may help some of you out. We've got your back!

Student Accommodation

Short term options



Cork City B&B's

| | | |
|-----------------------------------|-------------|------------------------------|
| Olde House B&B, Glasheen | 021 6020886 | denisleahy57@gmail.com |
| Sheila's Hostel, Wellington Road | 021 4505562 | information@sheilashostel.ie |
| Killarney House B&B, Western Road | 021 4270290 | reception@killarneyhouse.com |
| Redclyffe B&B, Western Road | 021 4273220 | info@redclyffe.com |
| Anam Cara B&B, Western Road | 085 8645216 | anamcara2@ymail.com |

Cork City Hotels

| | | |
|-----------------------------------|-------------|--|
| Metropole Hotel, McCurtain Street | 021 4947541 | phurley@trigonhotels.com |
| Ashley Hotel, Coburg Street | 021 4501518 | info@ashleyhotel.com |
| Clayton Hotel, South Mall | 021 4224948 | res.corkcity@claytonhotels.com |
| Maldron, Shandon | 021 4529200 | reservations.shandon@maldronhotels.com |
| River Lee, Western Road | 021 4937713 | www.doylecollection.com/cork |
| Jury's Inn, Andersons Quay | 021 4943000 | www.jurysinns.com |
| Kingsley Hotel, Sunday's Well | 021 4800500 | reservations@thekingsley.ie |
| REZz Cork, MacCurtain Street | 021 4551149 | Tara@rezz.ie |

Suburbs

| | | |
|--|-------------|--------------------------|
| Oriel House, Ballincollig | 021 4208400 | info@orielhousehotel.ie |
| Cork International Hotel, Cork Airport | 021 4947541 | phurley@trigonhotels.com |

MTU Cork SU is proud to present

WELCOME WEEK 2021

27 SEPT - 01 OCT

featuring

Monday 27 Sept

BE SAFE DAY

10 - 2pm

Nexus Student Centre

OUTDOOR MARQUEE

AT THE CIRCLE

featuring

Various Live Acts

11.30am - 2pm
each day



LOTS OF FANTASTIC GIVEAWAYS!

including **ONE-4-ALL VOUCHERS** with **DJ MC FLEMING**
OUTSIDE GYM AREA 10am-2pm each day



OUTDOOR FOOD STALLS

including

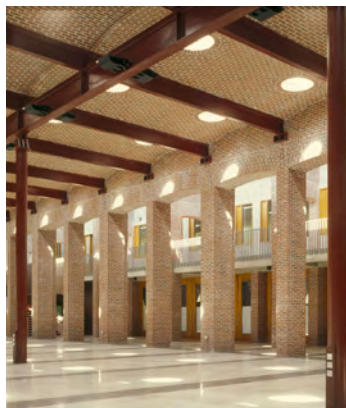
**WOK N ROLL, DINKY DONUTS,
VOLCANO PIZZA AND MORE**

from 10am each day



Come and meet your
STUDENTS' UNION

in the **NEXUS STUDENT CENTRE**
from 10am each day



SPORTS AND SOCIETIES

Sign up in the **NEXUS STUDENT CENTRE**
from 10am - 2pm
each day

Please respect MTU safety guidelines
and Student Leaders' guidance.



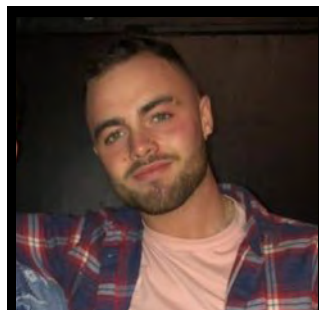
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MTU Cork SU is proud to present

OUTDOOR MARQUEE GIGS

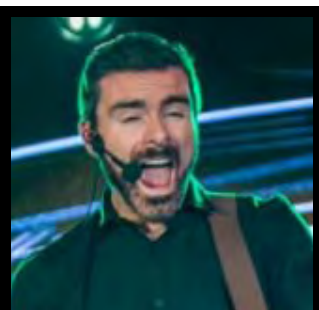
AT THE CIRCLE



Monday 27th September

FIONN LONERGAN 11.30 - 12.15pm

12.30 - 2pm **PAT FITZ**



Tuesday 28th September

ELECTRIC LIMES 11.30 - 12.15pm

12.30 - 2pm **TRAFFIC**

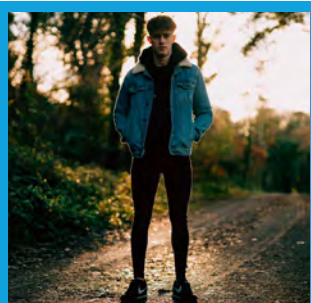


Wednesday 29th September

The Sweet Sounds of CSM featuring:

**SEÁN LOONEY, JONATHAN MURRAY AND
MATTHEW DESMOND** 11.30 - 12.15pm

12.30 - 2pm **LEAH HARNETT AND FRIENDS**



Thursday 30th September

NIALLY 11.30 - 12.15pm

12.30 - 2pm
SAVAGE CABBAGE



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WANTED

STUDENT PROFILES!

Give us your insights into your college course, get published and WIN a €50 One-4-All!

Would you like to write a profile which will give others an insight into your course of study and a taste of what your own student life is like? Look no further... explicit, MTU's digital magazine has devised a set of 6 questions as a guide to get your insights. Students who get their pieces published will WIN €50 One-4-All digital vouchers for their efforts.

So go on, give us your piece on being a student and your MTU college course. The questions below are suggestions for your writings and there's no need to stick rigidly to answering every question) You can write as little or as much as you like (we suggest between 500 and 1,500 words). Write with wit, seriousness, honesty or even controversy. It's up to you! Send us some pictures of yourself or relating to your course which might go well with your piece.

The next inclusions will be published after the summer. Please send your contributions to: CorkSUPublications@su.mtu.ie

Your Guideline Questions:

Q: What are you studying at MTU and what led you to decide to pursue this career?

Q: The absolute best thing that has happened in college so far is...?

Q: Would you like to describe a little about the course itself, the type of work you do, your influences, your projects etc?

Q: Ultimately, what do you hope to achieve and where do you see yourself when you have completed?

Q: Any positive advice you would like to convey to prospective students, based on your experiences so far?

Q: The absolute best thing about your course is...?

COURSE PROFILE

BRENDAN POWER



My name is Brendan Power, and I am a second year Biomedical Engineering student. It goes without saying that my first-year experience was not the typical beginning to University, with Covid-19 bringing such drastic changes in every aspect of our lives. I thoroughly enjoyed my first year nonetheless; from an academic perspective, every aspect of our course was covered in just as much detail as it normally would be. I chose biomedical engineering as all throughout second level, my strongest and favoured subjects were always maths and science, upon which biomedical engineering is entirely based. I found first year to be extremely demanding as my timetable was filled every day; with projects, assignments and constant study to do on top of that, I found myself spending most of my time at my desk.

I was the 2020/21 recipient of the DePuy Synthes Scholarship which was a huge honour and undoubtedly my highlight of first year. The process had been delayed by many months due to Covid-19 and it was a wonderful surprise to receive the news that I had been shortlisted for the next round. As the pandemic was sweeping over society, the interview process proceeded virtually via Zoom as a safety measure, which did not take away from the excitement, but also added its own challenges. Only a short few weeks later, all the participants began receiving letters in the post, and it was an amazing feeling when I received my letter informing me that I had done enough to win the scholarship!

With the vaccine rollout and public health guidance aiming to restore a degree of normality to society, universities are beginning to reopen for the upcoming academic year. This will be a welcome change from a year of waking up, attending college and going to bed all within 5 metres of one another. I am moving down to Cork this year from Limerick which I am extremely excited for as, academics aside, we all missed out on an entire year of socialising and have loads to catch up on!

As of now, I am unsure where my career path leads after I finish my studies in MTU. I am enrolled in a five year course with an integrated masters, so have a long road ahead of me in University. I will be going on placement in 3rd year with DePuy Synthes as part of the scholarship programme, which will be an exciting opportunity to see engineering in the working world.

Hopefully with society beginning to reopen in every aspect, the incoming first year students will have a full on experience from an academic and social perspective. Of course I missed out on the social aspect of first year, however it made me realise how important a balance between academic life and social life really is. Even with the amount of time I had due to lockdown, I found it quite a challenge to stay on top of my work at all times. However, I also found myself struggling to maintain concentration at times from sitting in my room for such long periods of time. The best advice I have for first year students is to make the most out of your University life. It may be the first time where you can enjoy being fully independent and are free to explore and do anything you have longed to do. However, at the end of the day, the main purpose of attending college is to learn; you have to enjoy going out with your friends, but do not entirely replace your studies with socialising. A balance between the two is vital, and you want to graduate with the best degree you can achieve, whilst also looking back on Uni as the best time of your life.

Biomedical engineering is a rapidly evolving discipline of engineering and will present huge opportunities in the coming years. The course so far has offered me everything I imagined it would, with a healthy balance between maths and all aspects of science. I am extremely excited for my second year in MTU and like everyone, hope that life returns to normality in the very near future.



Biomedical Engineering Faculty of Engineering & Science

**Give us your insights into your college course,
get published and WIN €50! See page 2 for details**

COURSE PROFILE

PATRICIA O'SULLIVAN

Hello! I'm Patricia O'Sullivan and I studied Biomedical Engineering at MTU. I chose to study this course as I enjoyed physics and biology in secondary school, and I was aware of the diverse and abundant opportunities in this field at home and abroad. The Biomedical Engineering program at MTU is a four year degree with an add-on year option to attain a MEng Biomedical Engineering. I opted for the four year option and finished in May 2021 with a BEng. I will soon begin a research master's in Electrical and Electronic Engineering with a biomedical theme at Tyndall National Institute.

I really enjoyed my 4 years at MTU. I worked on some exciting projects with my classmates and the course allowed me to work with my biggest strengths and interests which are mechanics, electronics and biology. The modules are really diverse and interesting from biomechanics to materials to welding, and there is plenty of practical work with each module, like tutorials, labs and project work. In the third year, each student completes work placement with industry or a research institution, ranging from 10 weeks to 6 months, and it is a great way to get an insight into what career paths one is interested in pursuing after the course. Final year involves the Mechanical Capstone Project, which spans both semesters, and it pushes each student to showcase what they learned in the programme and use that to develop a novel solution to a real-world problem.

From the course, I developed a great interest for research. I have always loved project work, but after completing some very enjoyable projects over the past four years my interest in research grew. In Biomedical Design we redesigned a centrifuge, and we designed a sliotar throwing device and an aid for wheelchair users to get in and out of a car. In Applied Biomaterials we had to analyse various biomedical equipment and choose which implant was best suited to a certain injury based on materials, cost, severity of the injury, health risks, and skill required. Perhaps one of the biggest projects undertaken throughout Biomedical Engineering is Innovative Product Development (IPD), where multi-disciplinary groups of students come up with an engineering solution. This project involved consideration of every aspect of a product's evolution, from research to systematic design to safety and ethics and sustainability. My group, SafeSource, designed and produced a functioning prototype for a self-cleaning agricultural water trough. We won Best Pitch at the Prize for Innovation competition – and some prize money too, so it was well worth the effort!

It wasn't just about college work for me while I studied at MTU, I loved getting involved in different sports from the very beginning. Before arriving at MTU I played Gaelic football and I did coastal and wooden boat rowing. So you can imagine how far out of my comfort zone I was when I tried boxing in first year, power lifting in second year and rugby in third year! Sport was brilliant for meeting new people and it was a great way to relieve my frustrations after a long day at college! My sporting endeavours took me to Limerick, Monaghan and Dublin where I won an All-Ireland at the boxing intervarsities (although I don't think it really counts if it's a walk-over)! I have to say that sport and the friends I made through my course have been the highlight of my time at MTU!

It wasn't all sunshine and roses, however, as my final two years at MTU were greatly impacted by the Covid-19 pandemic. In March 2020, I was preparing to move to Clonmel to start placement at Boston Scientific when we went into lockdown. This was disappointing for me and many in my course as we wanted to get some hands-on experience and put our knowledge to good use, but it wasn't meant to be. I looked for other opportunities to get some hands-on experience and in August 2020 I began an internship with the Wireless Sensors Networks (WSN) group at Tyndall. I worked to develop a medium that mimics the electrical properties of the human body, called a phantom, to test the wireless performance of a medical device prototype. In my final year, I continued my work on phantoms for my Mechanical Capstone project with a torso phantom containing a functioning circulatory system, 3D printed anthropometrically accurate organs and dielectrically accurate mixtures that mimicked relevant tissues. Working from home presented many obstacles for my project, but I found that once I was able to overcome these it added to the novelty of my work and developed my engineering problem solving skills. The guidance of my supervisors, Dr. Melusine Pigeon (Tyndall) and Dr. Gareth O'Donnell (MTU), was a great help for me throughout the project and I was very proud for my phantom to be used in communication feasibility testing at the end of my project.

One of the highlights of the course was when I entered my Mechanical Capstone Project in the IMechE Healthcare Technologies Student and Early Careers Awards. I am delighted that I won Vicon Best Medical Engineering Undergraduate Project in this international competition. Usually, the competition is held in Westminster, London, and I would have loved a trip away after being in and out of lockdowns, but unfortunately the finals were held virtually this year! I was up against students from prestigious universities in the UK and was very glad to come out with a win. Preparing for the Vicon competition involved an application, a video and numerous trial presentations. Even though it was a lot of effort, it all paid off in the end. The Biomedical Engineering lecturers at MTU are incredibly supportive and encouraging. The guidance I received throughout my studies and in particular in preparation for the competition in the summer was incredible. My advice to engineering students at MTU is: don't be afraid to put yourself forward – whether it is for a competition, a role of responsibility in a team, or even a challenging task in a group project – just go for it!

Overall I have great memories from my time at MTU and after the four year course I am ready to start my Research masters at Tyndall National Institute!



Biomedical Engineering Faculty of Engineering & Science

**Give us your insights into your college course,
get published and WIN €50! See page 2 for details**

CODE RED HAS YOU COVERED

Bringing Period Dignity To Munster Technological University, One Bathroom At A Time

Munster Technological University (MTU) will launch Code Red this October, a period dignity project providing free sanitary products to all MTU students and staff: tackling period poverty and period taboo through events, talks, and workshops, addressing issues surrounding periods.

Code Red believes that no woman, intersex, trans, or non-binary person, who menstruates should have to miss educational activities, work, or recreation due to lack of access to appropriate products. MTU has funded the provision of free sanitary products at almost 60 locations across MTU campuses.

It is estimated that Irish women spend an average of €132 every year on tampons and sanitary towels. Fifty percent of young Irish women have experienced issues around affording sanitary products. According to anytimeofthemoth.com period poverty impacts the lives of 1 in 2 teenagers in Ireland. *"Nobody knows another person's circumstances or whether they can afford the products. If toilet paper is free, then sanitary products should be as well"* says Ellen O'Shea, MTU Equality, Diversity and Inclusion Team.

MTU's Code Red working group, made up of students and staff, was first mooted by Dermot Barry, MTU Technical Officer, *"my union, Unite, started running a Period Dignity campaign in the UK, and subsequently reached out to reps in Ireland. Being a husband and a father I thought that this was a very worthwhile initiative and so I decided to set up a working group. We were lucky that the working group grew and now includes many dedicated and inspirational members."*

In April 2021, Lidl became the first major retailer to offer free period products and they have teamed up with Homeless Period Ireland and The Simon Communities of Ireland. Currently in Ireland the 'Period Products (Free Provision) Bill 2021, sponsored by TDs and Senators Rebecca Moynihan, Mark Wall, Marie Sherlock, Annie Hoey and Ivana Bacik, is before Seánad Éireann. As the country waits for this bill to be passed, MTU is acting.

Period poverty is a women's health

and gender equality issue: lack of access to suitable period products and the associated exclusion from daily living while menstruating can have a detrimental effect on physical health, mental health and wellbeing.

The Plan International Survey found 61% of young women felt too embarrassed to talk about their periods. Often knowing where to go, or who to ask, for sanitary products can be embarrassing, surely this natural function shouldn't be an event that causes avoidable stress in someone's day. *"Code Red is needed to break any stigma associated with periods and break socio-economic barriers for both staff and students,"* says Monica Moisuc, MTU Equality, Diversity and Inclusion Officer.

The Code Red launch week, 12th - 14th October, is tackling period taboo through a series of educational online sessions and on campus events

In anticipation of Code Red launch Professor Maggie Cusack, MTU President, says *"providing free sanitary products is another step towards equality across MTU. We know that period poverty is real and therefore at MTU we are addressing it. Code Red will make a difference to the lives of our students and staff on the most basic, human dignity, level and will allow students to focus on what really matters while attending third level education – working towards their degree. We are looking forward to Code Red dispensers becoming the norm in MTU."*

In the run up to the launch Code Red has installed free product dispensers in many bathrooms across the MTU campuses, with many more dispensers to be installed following the pilot this academic year. Each bathroom dispenser is stocked with sustainable single-use sanitary pads and tampons, developed by Irish company We Are

Riley. There are also a limited number of re-usable products available upon request from MTU Students Union Offices. Robyn Penkert, MTU student, and member of the Code Red working group said: *"We hope this movement inspires other colleges and public environments to introduce their own free period product scheme."*

The Code Red launch week, 12th-14th October, is tackling period taboo through a series of educational online sessions and on campus events, all in accordance with current government health guidelines. Events include an educational workshop on 'Reusable Menstrual Products,' a 'Make Your Own Upcycled Reusable Menstrual Products' workshop, a 'Periods and Contraception' workshop run by the Sexual Health Clinic Cork, a seminar on 'How to Use Sanitary Products' presented by We Live Our Values and a 'Sport and Periods' talk.

All launch events are free but as spaces are limited at certain events, booking is advised. Tickets can be booked through www.cit.ie/edi/period-dignity-

"Everyone has a role to play in the normalisation of period dignity. If you feel you can't see the point of a project like this, you are unaware of your own privilege. It is important to ally a project that doesn't directly impact you. Providing a basic service like this for students can have a huge impact" says Julie Anne Young, MTU International Officer.

In May 2021, the working group organized a student competition for the project instilling a real sense of ownership of this project within the MTU community. The winning name and brand, Code Red, was designed by Eimear Devane, a Final Year Marketing student.

Professor Margaret Linehan, from the Code Red working group says *"not every woman can afford to buy essential feminine hygiene products when they need them. On health grounds, this is a serious issue, but we should also be viewing it as a dignity issue. Providing sanitary supplies is not a luxury, but a necessity and MTU are happy to lead by example by investing in period justice."*



Have you ever been stuck for a pad or a tampon?

We have.

We believe that accessing period products should be a basic right, not a privilege!

As part of a pilot project, from September 2021, we will be providing eco-friendly and sustainable sanitary products for free at various locations across the MTU campuses in Cork to start with. You can check our Code Red maps on our Instagram [@edimtu](#) but also look for **Code Red Stickers** on the bathrooms with products.

The free products provided in various bathrooms around campus are sustainable, eco-friendly, and supplied by We are Riley (<https://weareriley.com/>)

Free reusable products such as mooncups will be available from the Students Union starting from October 2021

Code Red launch week will kick off on October 12th and run until Thursday 14th with a range of events.

Events are free but you must register for tickets through www.cit.ie/edi/period-dignity

Code Red events include: Cork Sexual Health Clinic will discuss contraception and your period;

Augustina from *We Live Our Values* will explain how to use a range of period products and host a make your own reusable pad workshop; a panel on sport and periods; and a number of competitions with excellent prizes up for grabs!

**Please keep an eye on our socials
for further information.**



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Munster Technological University



@edimtu



EDICork@mtu.ie

An Environmental call out to all Students, on all campuses



If you think more can or should be done about our Environmental Crisis then this is an opportunity to get stuck in, at ground level.

Not only will your commitment make a significant contribution, you will be working on your future, as you already are, by your commitment to your career studies.

Also, to be part of a University Environmental Team, which will deliver long term environmental results, would be a significant CV addition, one which will engage future potential employers.

Our Call is for

- **THE GREEN TEAM** will be made up of both Staff & Students with each campus linked and operating as one, across all campuses
- **STUDENTS**, on all campuses, through the Students Unions, Student Services, Clubs & Societies and Directly (just email on frank.hanley@mtu.ie)
- **HELP** in creating a new evolved Green Campus Team on all

MTU Campuses (Direct student input into the formation and future success of the environmental initiatives on our Campuses is crucial, we need you. (Our current Energy Committee has done a tremendous job of work, over many years back. Achieving our legally set energy reduction target of 33% for 2020 and superseding it.)

- **SUPPORT** and be a part in retaining the An Taisce Green Campus Flag, awarded to the College in June 2021, for all 6 MTU Campuses. (The work and commitment put in by our Students and Staff came to the fore on this)

Support

- We need a support structure in place for the Green Teams to call on and to work with.
- Collaborations & sharing through our links with each other on all campuses (A common approach to tackle a common environmental crisis)
- Engagement with National and Local Government Agencies and corresponding support (We have

a **NEW 60 COMMUNITY BIKE STATION**, located on our Melbourne Building lands, along with a lot of bike safe to cycle routes installed. This was achieved through direct engagement with the National Transport Authority - CEO & our City Council by our Green Campus Group)

- The environmental themes being concentrated on over the next 3 years are, **BIODIVERSITY, ENERGY, TRANSPORTATION** (to and from college), Waste & Water

Our future work is supported by some fundamental baselines already established in four of the aforementioned themes (submitted to An Taisce). Transportation is a new focus.

If you are environmentally passionate, interested in making a real difference, want to bring change to your Campus Environment, then we need you!

Please contact:

frank.hanley@mtu.ie

**How we shape
our environmental
future, needs to
reflect the needs
of those who will
inhabit it,
that's You!**

2021 AUTUMN VIRTUAL CAREERS FAIR

**30th September
11am-3pm**



The Careers Team in Cork is bringing you the **Autumn Virtual Careers Fair** on **Thursday, 30th September**.

Highlights

- Choose from **50 stalls** to visit.
- **Meet employers** from a variety of industries & sectors.
- Apply for graduate jobs & find out about **placements/internships** on the day.
- Explore **entrepreneurship** as a next step.

Register Now!

- GraduateLand Participant Registration Link:
<https://citcareersfair.graduateland.com/event/5273>
- Participant FAQs & Video Tutorials: http://www.mycit.ie/index.cfm/page/student-faq_s

Last year's Autumn Fair was a great success...don't miss out on 2021!

Log-in & WIN!

Hi! A warm welcome back from the Careers Team in Cork. Throughout your time in MTU, we'll support you to explore your future, achieve your dreams and fulfil your potential. We're current and practical, and we'll meet you where you're at.

Log into your CAREERSconnect account

It's your One Stop Shop to...

- Book a 1 – 1 meeting with a Careers Advisor
- See the latest jobs for students, both part-time & graduate jobs – set up job alerts
- Learn more about top employers in this region
- Register for events with visiting employers & the Careers team
- Access useful resources anytime on key topics including prepare for interview, create a LinkedIn profile, what to do with your degree & more.

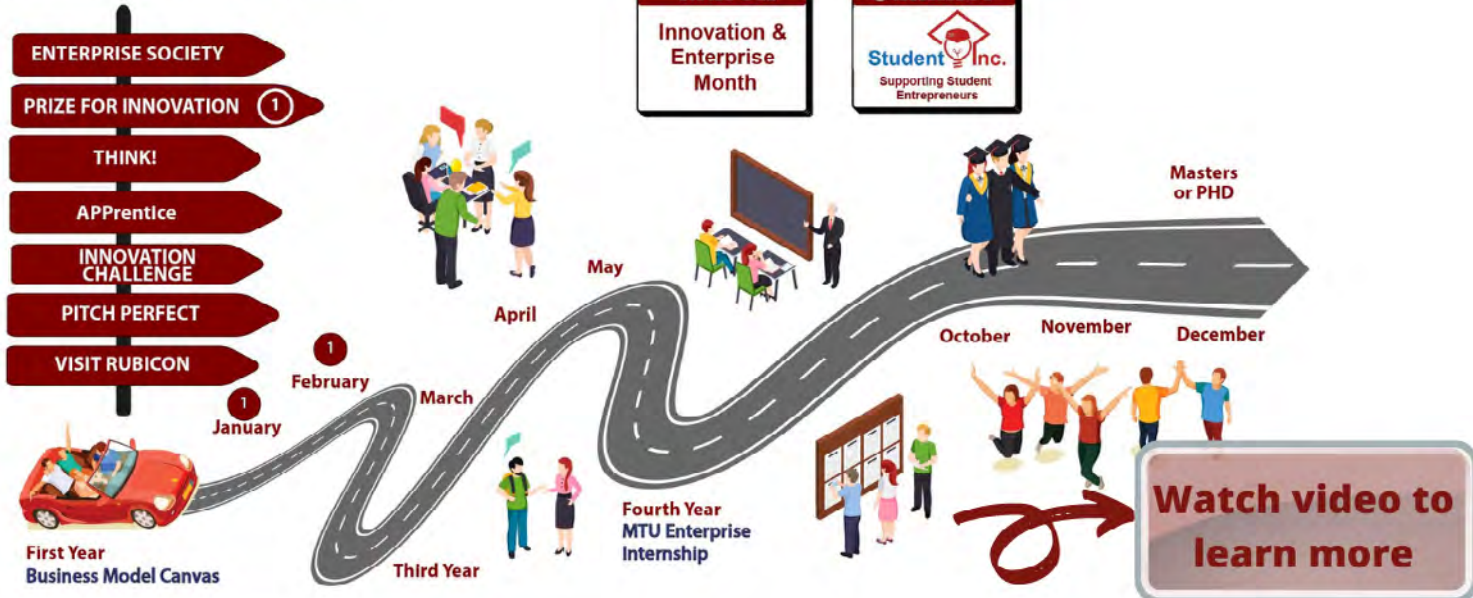
Competition

Log-into Careers.cit.ie using your MTU email & password & update your profile. You'll automatically be entered into a draw for Just Eat Vouchers at the end of September. All winners will be notified by email.



Innovation & Enterprise

Annual Challenges/Competitions



<https://vimeo.com/568317451>

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MARC MEETS MTU ENTREPRENEURSHIP

3rd-year Biomedical Engineering student Marc Dineen took part in numerous enterprising initiatives including **Student Inc.**, MTU's 13-week full-time summer programme to help him launch and grow his business idea. Funding, training, mentoring and office space provided as part of the programme



MARCS JOURNEY

- **September 2020:** Started 3rd year IPD module
- **January 2021:** Innovation Challenge with The Irish Naval Service
- **February 2021:** Co-Chairperson of Mechanical Biomedical Engineering Society
- **March 2021:** Prize for Innovation awarded Best Business Opportunity
- **April 2021:** Top 50 Enterprise Ireland Student Entrepreneurship Awards
- **June 2021:** Ireland Funds Finalist
- **August 2021:** Student Inc awarded Best Business Pitch

www.Enterprise.cit.ie

Learn more about these opportunities at enterprise.cit.ie

MTU STUDENT ALUMNI AMBASSADOR PROGRAMME



WHAT IS THE ALUMNI AMBASSADOR PROGRAMME?

The Student Alumni Ambassador Programme brings together a select, diverse group of students from all different areas, disciplines, and backgrounds to engage with alumni, prospective students, University officials and, most importantly, fellow students. Student Alumni Ambassadors encourage the current student population to see themselves as future alumni (graduates) and valuable members of the MTU community as well as providing invaluable insight and feedback on student interests and trends.

You will be part of exciting activities designed to connect students with alumni, help students as they begin to think about their careers and celebrate what it means to be a MTU alumnus (graduate).

HOW THE PROGRAMME WORKS?

Student Alumni Ambassadors donate 10 hours of their time throughout the academic year to support the activities of the Alumni Office and in return receive various up-skilling and training, an opportunity to meet the President of the University, a LinkedIn recommendation and a certificate of completion. It is a volunteer position.

WHAT ARE THE BENEFITS?

- Develop leadership and communication skills
- Network with alumni and staff of the University
- Opportunity to participate in various training and attend up-skilling events
- Invitation to participate Alumni Office meetings
- New MTU Branded apparel

ABOUT MTU ALUMNI OFFICE

The MTU Alumni Office develops and supports alumni relations at MTU through several programmes and initiatives. The office encourages links between MTU and its graduates for the benefit of students and the University.

**EXPRESS YOUR INTEREST TO BECOME
A MTU STUDENT ALUMNI AMBASSADOR
DURING 2021-2022**

**AT WWW.CIT.IE/ALUMNI OR
EMAIL: ALUMNI@MTU.IE ON OR BEFORE
FRIDAY 1ST OCTOBER 2021**

TESTIMONIAL FROM STUDENT ALUMNI AMBASSADORS

2020-2021



ESTEFANI HANLEY
THIRD YEAR BACHELOR OF BUSINESS STUDENT

Getting involved in the Student Alumni Ambassador for the past two years has been an amazing opportunity. It was a great way to meet new people from different courses. I had the chance to network with business professionals at events such as STEM Southwest, while also having a lot of fun!

Being an Alumni Ambassador allowed me to develop new skills in a voluntary role, which added to my CV. The programme was very different last year as it was all remote. It was challenging but rewarding as we came up with new ideas together and it was great to get experience of working remotely with a team. The opportunity is flexible around your timetable, so it is a win-win situation! The Alumni Office are always supportive of new ideas you come up with and any feedback you may have on projects you might be involved with. If you want to develop new skills and meet new people, apply!



JOSHUA MANAID
BACHELOR OF BUSINESS (2018-2022)



I was involved with the Student Alumni Ambassador Programme for the past two years and it has played a huge part in my personal development. It allowed me to interact with students from outside my course and with MTU alumni. Throughout the two years I volunteered in various events such as the CIT 2019 Conferring's, induction of the CIT Joint Mentorship Programme, and the STEM South West event.

Being a Student Alumni Ambassador has been a fantastic experience and it has helped me grow as a person. I would highly recommend it to MTU students to consider taking part this year as it is a great way to stand out from the crowd when applying for graduate roles and internships.

Flynnner's Flying Column

By James Flynn

During Summer 2021, I went on a quick break in County Kerry, seeing that the first half was another Staycation one indeed. Killarney was great for hiking and dining out while Kenmare was a great chance for Da Flynnner to (admittedly!) visit his many relatives he has back there and to enjoy some creamy Guinness and Oysters. The final day, June 25th, was decided on visiting Gleninchaquin Natural Park just outside Kenmare on the Beara Peninsula.



Due to the Pandemic, you would think that every premises would have established a Contactless Payment system, and I certainly do not carry any change in my car for security reasons. However, when I landed at the owner's cottage, it turned out that it was a CASH ONLY system due to Broadband (thanks to the mountainous terrain) being unavailable in most of the park. I did not even have cash in my wallet and was just about to turn tail until two cars with students aged 18-19 arrived. Da Flynnner, having hit his 43rd birthday only 3 days previously, went up asking (almost in grovel fashion!) whether there could be anything said about them chipping in to help a beleaguered chap out. To my surprise, they said No Problem and then kind boys and girls chipped in the €6 Entry Fee; I expressed my generosity indeed. I hope at least some of them may be in MTU reading this right now, I will not forget them. I enjoyed my exhilarating hike around the park but for much of it I was feeling far more sheepish than the flocks of sheep around the place!

The lesson? It does not matter if students are Regulars having just completed Secondary School or Matures heading in new mid-life directions; ye are all in this together and can progress to greater things when college life is embraced together and each help each other out like these kind students done to me and what I have done for the college experience back in the mid-2010's when I was a Mature myself.

Get involved with one another to get more out of college life; a sense of community can make a huge difference.

A sad passing

The news of the passing of Sarah Harding from Breast Cancer, announced on her Instagram page by her heartbroken mother Marie really hit home, not least that I had lost members of my own family, including my own father, from that dreaded scourge.

Girls Aloud were undoubtedly an icon of the 2000's, having outgrown their Popstars - The Rivals 2002 beginnings to become, by 2005, a pop group with their own hallmarks

through their sheer style, innovation, passion, catchiness and energy. Together, Nadine - The Voice, Cheryl - The Desire, Sarah - The Starlet, Kimberley - The Cuteness and Nicola - The Delicacy, along with the guidance of manager Louis Walsh, Girls Aloud went on to become the most consistently successful girl group in UK and Irish History, and I was deffo a fan of the Girls as they went on to reach their dizzy heights of success by late 2009. It was effectively over by then as the five, Cheryl most notably, went off to pursue

separate projects, the group only returning from their 3-year hiatus to finish what felt needed to be done via their Ten - The Hits tour before disbanding in March 2013, the Girls eventually fading from the spotlight as the next generation of pop taking over the landfills of the 2010s.

When Sarah was tragically diagnosed with breast cancer in Spring 2020, it was only then that Girls Aloud got back together that August, even if it was only symbolic to show support and solidarity towards their dying friend and group-mate, who learned soon after that Xmas 2020 was her last. Nevertheless, she fought and lived her life to the final calling, releasing a final single and writing her memoirs 'Hear Me Out' before she slipped away on September 5th. The lessons are that one does not know the joy and inspiration of what we once had until it is not with us anymore. And that it is important to check oneself regularly and on time for signs of cancer and continue to support its awareness campaigns; cancer continues to affect everyone regardless of each and everybody. As her group mates testified afterwards, Sarah Harding was the icon of fun and living life to the full in Girls Aloud; 39 was no age to pass away. May your Starlet fly high Sarah, you deffo put the Whole Lotta into Girls Aloud's History.

WOTS DA CIT-uation DERE?



CONGRATULATIONS to Miss Cork 2020 Zoë Hendrick on finishing Third Place in Miss Ireland 2021 having taken home the Bronze Crown to the Rebel County. The past-CIT student undoubtedly done MTU Cork and indeed the whole county proud with such an eminent achievement. And congratulations to Meath's Caoimhe Gibney on winning Second Place and taking home the Silver Crown to the Royal County. Two true queens indeed.

But what is amazing is that our Zoë, through the interview earlier this spring that myself and SU - VP Cian O'Driscoll done with her, effectively predicted this year's winner, and the Gold Crown went most deservedly to Pamela Uba of County Galway, from Direct Provision background and now a medical professional and humanity awareness activist. The Tribal County has its Queen Supreme! Zoë has glowingly demonstrated that coming Second and Third in any competition; in fact, it can also open their own doors of possibility and I believe Zoë will have a future as a judge in any panel, making a difference to many aspiring people to come.

What a pity the bookmakers did not do the odds with Miss Ireland. I could have been onto some plush winnings there!

HAPPY DAYS DERE!

The Many Saints of Newark, the Sopranos prequel, is about to hit the big screen. I have a feeling that creator David Chase is about to prove Da Flynnner wrong after expressing my doubt on my May 2018 Column there!

MEND YER WAYS DERE!

Gareth Brooks is attempting a second attempt with few gigs at Croke Park? After his 2014 Five-In-A-Row attempt became THAT debacle? Dublin GAA have won the SIX-In-A-Row so Gareth might want to try harder if he wants to make up to his Friends left in their Low Places there!



BECOME A CLASS REP!

In first year, I distinctly remember not wanting to become a class rep. I wanted to focus on my studies, getting settled in college and making new friends. Then the vote to become class rep took place in our lecture, nobody raised their hand, and so I reluctantly raised mine.

At the time, I wasn't sure what the role entailed, how much responsibility I would have and how much time I needed to dedicate. By attending the Student Union meetings I saw how passionate everyone was, how each and every single person wanted to strive to improve student life and how every single voice was valued.

Since then, I've continued my role as class rep, received an award in Recognition of Outstanding Voluntary Contribution, have become the Chairperson of the Student's Union, was elected the SU's Communications Officer and am the current Entertainments Officer, so clearly I am hooked!

When it comes to becoming a class rep, you get what you give. It will open your world and college experience to countless opportunities. You become the go-to person in your class, for resolving queries, issues and organising class events, which helps you to quickly make friends and develop your interpersonal skills. Not only that but by

attending the Student Union meetings each month, you have a chance to ensure your voice is heard.

Utilising your voice as a student is the most rewarding aspect of becoming a class rep. Not only are you contributing to your class, you are contributing to the wider MTU community and improving college life for years to come. Speaking up at SU Meetings helps develop your confidence, your debate skills (at times!) and you truly make friends for life.

I have met some of the most inspiring, passionate and hard-working people during my time as a Class Rep. Each member of the Students Executive and fellow class reps make you feel so welcome, valued and heard. The veteran Class Reps and Student Executive have and will always support you throughout your time as class rep and are always continuing to do all they can to support the students of MTU Cork.

Your time at all college will be over in the blink of an eye and is all about challenging yourself and taking chances. So why not take a chance on becoming a class rep? Trust me, you won't regret it.

If you have any questions or want more detail on becoming a class rep, feel free to contact me directly at niamh.b.cronin@mycit.ie or contact any of the members of the Students Union Executive, we are always here to help.

YOU SHOULD BECOME A CLASS REP!



Represent your class at SU Council

Develop new skills and Knowledge

Improve your communication and negotiation skills

Organise events for your class such as academic webinars, hoodies, etc.

Looks Fantastic on your CV

For more info please contact the Students' Union...
E: SUEducationCork@SU.MTU.ie **or view** www.MTUCorkSU.ie



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MTU Cork Students' Union

Your Union Your Voice





*By Niamh Cronin,
Students' Union Entertainments Officer*



Union of Students in Ireland
Aontas na Mac Léinn in Éirinn

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STUDENTS



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What USI Believes



Access to education

is a fundamental right of all people in Ireland



Students have rights

to a decent standard of living including financial support, decent housing and decent safe jobs in Ireland, among others



Students should be active

in the promotion and defence of all human and democratic rights

USI Works for You



A strong unified voice for you

lobbying, campaigning and negotiating with government, politicians and education bodies



Solutions to the COVID Crisis

USI officers are at the heart of decision making and contingency planning, trying to make a difficult situation better for our members



Meeting students' needs

Mental health campaigns, sexual health info and work on sustainability, housing and financial supports.



Aisling O'Mahony
President, MTU Cork SU
and member of USI
Comhairle Náisiúnta



Clare Austick
USI President



John Fortune
Vice President for the Southern
Region of USI

2021-22 Students' Union OFFICERS



Your Union Your Voice



Sinead O'Mahony
VP Welfare

- Well Being Campaigns
- Financial Issues
- General Student Support
- Accommodation
- Safety
- Equality



Aisling O'Mahony
President

- Representation
- Organisation
- Press & Media
- Chief Spokesperson
- Campaigns
- National Issues
- Facilities & Services



Cian O'Driscoll
VP Education

- Academic Issues
- Grants Information
- Education Campaigns
- Grinds List Management
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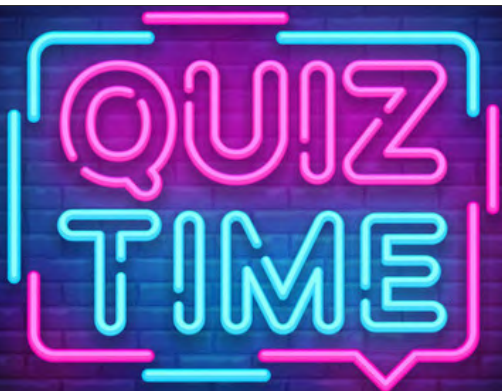


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| LUNCH 1-2PM | ZUMBA w/ LINDA | PILATES w/ YVONNE | YOGA w/ SARAH | YOGA & STRENGTH w/ SARAH |
| EVENING 7-8PM | | | PILATES w/ YVONNE | |

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